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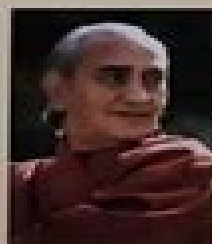
A PRACTICAL GUIDE TO  
**HOLISTIC HEALTH**  
by Swami Rama

*What is your purpose in life?*

*How are you going to achieve that purpose?*

Sri Swami Rama, educated in Himalayan cave monasteries and Western universities, teaches that holistic health depends on answering these two questions. In this book, he shows you how to discover your life's purpose and how to achieve optimum health through cleansing and nourishing, exercise and stillness, and understanding your emotions.

You'll learn the secrets of ancient practices that will help you rediscover your inner source of physical well-being, emotional stability, and peace.



**SRI SWAMI RAMA**, the founder of the Himalayan International Institute of Yoga Science and Philosophy, was raised in the Himalayan cave monasteries and ordained a monk in early childhood. He studied Western psychology, philosophy, and medicine in Europe and taught in Japan before coming to the United States in 1969. Here he founded the Himalayan Institute to create a bridge between the ancient teachings of the East and the modern scientific approaches of the West.



Himalayan Institute Press  
Honesdale, Pennsylvania, USA

\$14.95

ISBN 0-89389-174-6



# Practical Guide To Holistic Health

**Mahesh Sharma**



## Practical Guide To Holistic Health:

**A Practical Guide to Holistic Health** Swami Rama, 1978      Every Woman's Book N. D. Paavo Airola, Mary Ann Kibler, 1983      **Everywoman's Book** Paavo Airola, 1979      **Dr. Airola's Practical Guide to Holistic Health** Paavo O. Airola, 1979      Everywoman's Book Paavo O. Airola, 1979      The Successful Healer: A Practical Guide for Holistic Health Practitioners Debra Jones, 2019-10-11

HOW DO YOU BALANCE YOUR LIFE AND YOUR BUSINESS Every solopreneur experiences isolation and overwhelm from time to time Whether you re starting growing or realigning your healing business The Successful Healer meets you where you are With business decisions to make and clients to attract sometimes you wish you had a roadmap Well here it is Using this book as a guide to awakening your innate wisdom you ll discover new approaches to self care and powerful techniques to dissolve any sense of paralysis or burden The Successful Healer gives you the resources for solving challenges and practical tools for work life balance Gain insight into other healers lives including how they ve resolved the issues you re having right now When you find yourself in a state of confusion stagnancy or burn out The Successful Healer supports and nourishes you Get back on track with a healthy perspective and the self confidence to share your gift with those who need it Reconnect with why you chose the path of the healer A sacred medicine box for every healer s journey that is akin to Louise Hay s You Can Heal Your Life but for your business It is a book to keep on the nightstand or bookshelf and refer to for years to come Roberta Robbins Sacred Medicine Weaver      Every Women's Book Paavo O. Airola, 1979      **African American Herbalism & Magick: A Practical Guide to Healing with Rituals, Plants and Ancestral Spells** Sofia Visconti, Are you curious about the healing traditions rooted in African American culture or are you looking to reconnect with your ancestral heritage Whether you want to reconnect or are just beginning to explore this book will show you how to start using African American herbalism and magick even if you ve never practiced it before You might think you need to be an expert or spend a lot of money to get started but that s not the case This book draws from centuries of African American traditions guiding you step by step on how to use everyday plants and sacred rituals for healing and spiritual growth Whether you re reconnecting with your cultural roots or exploring these practices for the first time you ll find everything explained in a simple accessible way Here is a small taster of what you will discover inside Learn the history and significance of African American herbalism passed down through generations Easy to follow instructions for using common herbs for healing and spiritual wellness Discover rituals and spells that honor African American traditions while helping you connect with nature and spirit Practical advice to incorporate these practices into your daily life without a big budget or lots of time Age old secrets and practical advice to enrich your life connect with your heritage and awaken your own magickal abilities All of this and much much more With easy steps real world advice and the wisdom of these time honored traditions you ll bring balance healing and a deeper understanding of this powerful heritage into your life Unlock the secrets of African American Herbalism Magick and bring the power of ancestral wisdom into your life with this book      The

Physician Within: A Practical Guide to the Natural Healing Power Within All of Us Stan Gross, D.C., 2014-05-15 Dr Gross is an author lecturer product developer and international teacher He has practice in the St Louis Missouri and surrounding area for the past 25 years His work has taken him to Central and South America China Southeast Asia the Middle East and the Russian Republic His message of wellness has been well received by people of all ages races and nationalities Dr Gross has also developed and patented several nutritional products for humans horses dogs and cats His recent project involves addressing the issues of starvation in less fortunate areas of the world

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Yoga and Psychotherapy Swami Rama, Rudolph Ballentine, Swami Ajaya, 2007-02-08 Provides an in depth analysis of Western and Eastern models of the mind and their differing perspectives Publisher s description

**Alternative Medicine Resource Guide** Francine Feuerman, Marsha J. Handel, 1997 Contains information on resources and publications in the general field of alternative medicine and thirty two specific modalities

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*The PDR Family Guide to Natural Medicines and Healing Therapies*, 2000 Mainstream medicine s first guide to safe and effective modes of

alternative healing The world of natural and alternative medicine offers an amazing array of effective inexpensive but still controversial health care choices Now in this milestone book America's most trusted provider of medical information the Physicians Desk Reference cuts through the controversy and tells you what you need to know about your healing options Which widely available herbs vitamins and minerals act like potent prescription medication Fifty alternative therapy options how they work what they strive for and potential side effects Self help techniques to stave off and even reverse chronic problems and disease The latest findings on acupuncture aromatherapy chiropractic adjustment homeopathy and much more How certain natural remedies interact with conventional drugs Easy to use indexes that will enable you to find treatment options for hundreds of ailments identify the most effective herbal remedies and research natural medicines by both common and Latin names A sixteen page herb identification portfolio featuring more than one hundred medicinal herbs photographed in full color

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Inspirational teachings excerpted from Living with the Himalayan Masters that identify the causes of unhappiness and provide direction to keep centered and joyful *Radical Healing* Rudolph Ballentine,1999 This extraordinary book offers nothing less than a new vision of medical care Rudolph Ballentine M D has created a unique integrative blending of the primary holistic schools of healing that is far more potent than any one of these alone Like Deepak Chopra and Andrew Weil Rudolph Ballentine is a medical doctor who became intrigued by the workings of mind body medicine and looked beyond the West in his search for understanding Drawing on thirty years of medical study and practice Dr Ballentine has accomplished a singular feat integrating the wisdom of the great traditional healing systems especially Ayurveda homeopathy Traditional Chinese Medicine European and Native American herbology nutrition psychotherapy and bodywork Melded together the profound principles buried in these systems become clearer and stronger and a new level of effectiveness becomes possible Healing and reorganization are accelerated and deepened physically emotionally and spiritually The result is transformation The result is radical healing Radical Healing harnesses nature's medicinals plants and other natural substances with commonsense essentials such as diet exercise and cleansing as well as the most profound principles of spiritual and psychological transformation In Dr Ballentine's synthesis illness is an opportunity for growth that can go far beyond recovery Through radical healing old habits and attitudes that supported the development of disease fall away to be replaced by the clarity that comes with a whole new way of being in the world *The Complementary and Alternative Medicine Information Source Book* Alan Rees,2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards

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